

## August 2018 MENU

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Oatmeal, Apples, 30 raisins, Milk  Chicken, Broccoli, Rice, Cucumber slices, Milk  Pears & Trail mix	Eggs, English Muffins 31 Pears  Beef/Veggie Quesadillas, Peppers, Pasta Parmesan, Salsa, Sour Cream Milk  Melon, Yogurt Dip	Toast & Orange 1 Slices  Minestrone Soup, Sandwiches, Raw Veggies  Peaches & Spice Bread	Rice Crispies, Bananas, 2 Milk  Baked Fish, Roasted Potatoes, Milk, Tomato/Cucumber Salad  Mary's Crackers, Berries	Bagels, Cream Cheese 3 Cantaloupe  Broccoli & Cheese Quiche, Cesar Salad, Cooked Carrots, Milk  Nan Bread & Wow Butter, Fruit Fiesta
CLOSED FOR CIVIC HOLIDAY	Mini Wheats, milk & 7 berries  French Toast, roasted Potatoes, Strawberries, Milk  Frozen Yogurt Tubs & Graham Wafers	Toasted Bagels 8 Apple Slices  Hamburgers, Tomatoes Corn on the cob, Milk  Cheese & Crackers veggies & dip	Cheerios, Milk & 9 Peaches  Spaghetti & meat sauce, garlic bread, Peppers & Milk  Pears & Trail Mix	Cornflakes, milk 10 Kiwi  Roast Port (cold), Cob Salad & fruit salad, milk  Applesauce & Pumpkin Bread
Yogurt & berries 13  Roasted Chicken, Rice, Peas, Carrots, & Milk  Triscuits, Humus & Plums	English Muffins 14 Wow Butter, Peaches  Chili, Buns, Raw Peppers, Milk  Graham Wafers, fruit fiesta	Apple sauce & 15 Granola  Chicken/veggie Quesadillas, Salsa, Cream Cheese, Roasted Potato Wedges, Milk  Banana/wow butter Wraps	Rice Crispies, Pears 16  Tomato/Macaroni Soup Grilled Cheese Sandwiches, Raw Veggies, Milk  Oatmeal Cookies & apple chunks	Oatmeal, Apples, raisin 17 Milk  Salmon Nuggets, Rice, Green Beans, Peppers, Milk  Oranges & Melba Toast & Cream Cheese
Raisin Toast & 20 Mangos  Beef-a-roni, Salad, Garlic Bread, Milk  Rice Cakes, Cheese & Peaches	Toast, Eggs & pears 21  Baked Fish, Rice, Green Beans, Corn, Milk  Veggies & dip & bread sticks	Fruit Yogurt, plums 22  Chicken/Veggie/Soup Chicken /Veggie/cheese Wraps, milk  Cocoa Zucchini Bread, Cantaloupe	Bagels & Cream 23 Cheese, Oranges  Meatballs, Rice, Peppers, Peas, Milk  Strawberries & Mary's Crackers	Watermelon & English 24 Muffins  Chicken, Pasta Parmesan, Peas, Raw Peppers, Milk  Apples & graham wafers
Cornflakes & Kiwi 27  Caesar Salad, Beef Quesadillas, Salsa, Sour Cream, Milk  Frozen Yogurt Tubes & Apple Slices	Cheerios, Bananas 28  Chicken/Veggie Stir Fry, Fried Rice, peppers, Milk  Plums, Nan bread & Humus	Pears, Raisin Toast 29  Spaghetti & meat sauce, salad, garlic bread, Milk  Cheese, Crackers & Oranges	Carrot Muffins, 30 Berries  Salmon Nuggets, Roast Potatoes, Green Beans, Milk  Trail Mix & apples	Applesauce, Granola 31  Mushroom & Pepper Quiche, Corn on the Cob, Milk  Triscuits & fruit fiesta

**August 2018  
School Age  
SNACK MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Oatmeal, Apples, 30 raisins, Milk  Pears & Trail mix	Eggs, English 31 Muffins Pears  Melon, Yogurt Dip	Toast & Orange 1 Slices  Peaches & Spice Bread	Rice Crispies, 2 Bananas, Milk  Mary's Crackers, Berries	Bagels, Cream 3 Cheese Cantaloupe  Nan Bread & Wow Butter, Fruit Fiesta
<b>CLOSED FOR CIVIC HOLIDAY</b>	Mini Wheats, milk 7 berries  Frozen Yogurt Tubs & Graham Wafers	Toasted Bagels 8 Apple Slices  Cheese & Crackers veggies & dip	Cheerios, Milk & 9 Peaches  Pears & Trail Mix	Cornflakes, milk 10 Kiwi  Applesauce & Pumpkin Bread
Yogurt & berries 13  Triscuits, Humus & Plums	English Muffins 14 Wow Butter, Peaches  Graham Wafers, fruit fiesta	Apple sauce & 15 Granola  Banana/wow butter Wraps	Rice Crispies, Pears 16  Oatmeal Cookies & apple chunks	Oatmeal, Apples, 17 raisin Milk  Oranges & Melba Toast & Cream Cheese
Raisin Toast & 20 Mangos  Rice Cakes, Cheese & Peaches	Toast, Eggs, pears 21  Veggies & dip & bread sticks	Fruit Yogurt, plums 22  Cocoa Zucchini Bread, Cantaloupe	Bagels & Cream 23 Cheese, Oranges  Strawberries & Mary's Crackers	Watermelon, 24 English Muffins  Apples & graham wafers
Cornflakes Kiwi 27  Frozen Yogurt Tubes & Apple Slices	Cheerios, Bananas 28  Plums, Nan bread & Humus	Pears, Raisin Toast 29  Cheese, Crackers & Oranges	Carrot Muffins, 30 Berries  Trail Mix & apples	Applesauce, 31 Granola  Triscuits & fruit fiesta